

**Dairy products and substitutes**

Ricotta cheese, 55 g*	0
Quark, 100 g*	0
Cream, non-dairy, 15 g*	0
Whipped cream, 15 g*	0
Evaporated milk, 15 g	0 (0-1)
Cream, 15 g	0 (0-1)
Crème fraîche, 55 g	1 (0-1)
Cheeses, 30 g	1 (0-3)
Cottage cheese, 125 g	1
Processed cheese, 30 g	1
Rice beverage, 250 g	1
Yogurt drink, 188 g*	1
Yogurt, 175 g	1 (0-2)
Milk powder, 25 g*	1
Cream cheese, 30 g	1 (0-2)
Buttermilk, 250 g	1 (0-2)
Sour cream, 24 g*	1
Paneer/khoa/halloumi, 80 g*	1
Yogurt drink substitute, coconut, 188 g	1 (1-3)
Yogurt substitute, coconut, 175 g	1 (1-4)
Milk, 250 g	1 (0-8)
Coconut beverage, 250 g	2 (1-2)
Almond beverage, 250 g	2 (1-5)
Oat beverage, 250 g	2 (1-8)
Soy beverage, 250 g	3 (1-6)
Cashew beverage, 250 g	3 (1-7)
Yogurt, with fruit, 175 g	3 (1-12)

**Grain products and bakery**

Cold cereal, rice, 15 g*	1
Pasta, white wheat, dry, 85 g	1
Rusk, plain or fruited, 30 g*	1
Hot cereal, wheat, dry, 40 g*	1
Hot cereal, wheat, cooked, 194 g	1 (0-2)
Rice cakes, 15 g*	1
Hot cereal, oat, cooked, 194 g	1 (1-2)
Rolls and biscuits, 55 g	1 (1-2)
Hot cereal, rice, cooked, 194 g*	1
Cold cereal, corn, 30 g	1 (1-3)
Crackers, 30 g	1 (1-6)
Hot cereal, rice, dry, 40 g*	2 (1-2)
Bread, whole wheat, 75 g	2 (1-2)
Bread, white, 75 g	2 (1-4)
Crispbread, 30 g	2 (1-3)
Cold cereal, wheat bran, 30 g	2 (0-5)

Simple pastries, 55 g*	2
Bread, rye, 75 g	2 (1-4)
Pasta, white wheat, cooked, 215 g	2 (1-10)
Cold cereal, granola/muesli, 55 g	2 (1-5)
Bread, multigrain, 75 g	2 (1-4)
Pasta, rice, dry, 85 g*	3
Yeast dough, 55 g*	3
Bread, gluten-free, 75 g*	3
Bread, seeded, 75 g*	3
Cold cereals, fruit flavoured, 30 g*	3
Crackers, seeded, 30 g*	5

**Whole grains, flours and starches**

Oat bran, 15 g*	1
Flour, rye, 30 g	1 (0-1)
Flour, cassava, 30 g*	1
Flour, spelt, 30 g*	1
Flour, barley, 30 g*	1
Flour, rye, whole, 30 g*	1
Flour, spelt, whole, 30 g*	1
Rice, white, raw, 45 g	1 (0-2)
Cornmeal, 30 g*	1
Flour, whole wheat, 30 g	1 (1-2)
Bulgur, 45 g*	1
Spelt, raw, 45 g*	1
Rice, brown, raw, 45 g	1 (1-2)
Rice, black, raw, 45 g*	1
Rice, white, cooked, 140 g	1 (1-2)
Flour, white, 30 g	1 (0-4)
Rye kernels, whole/cracked, 45 g	1 (1-2)
Oats, raw, 40 g	1 (1-2)
Barley, raw, 45 g*	2 (1-2)
Flour, rice, 30 g*	2 (0-3)
Wheat bran, 15 g	2 (0-3)
Wheat germ, 15 g	2 (1-2)
Flour, teff, 30 g*	2
Flour, buckwheat, 30 g*	4
Wheat grain, 45 g	4 (0-22)
Rice bran, 15 g*	5
Flour, soy, 30 g*	5
Buckwheat, raw, 45 g	6 (3-16)
Millet, raw, 45 g	8 (2-21)

**Fruits - Berries**

Lingonberries, 80 g	0 (0-1)
Blueberries, 80 g	1 (0-1)
Currants, 80 g	1 (0-2)

Strawberries, 140 g	2 (1-4)
Raspberries, 80 g	2 (0-10)
Goji berries, 80 g*	5 (4-5)

**Fruits - Citrus**

Citrus fruits, unspecified, 140 g	1
Orange, 140 g*	1

**Fruits - Other**

Apple, 140 g	1 (0-1)
Plum, 140 g*	1
Grape, 140 g	1 (0-1)
Kiwi, 140 g	1
Cherries, 140 g	1
Banana, 140 g	1 (0-2)
Coconut, 140 g*	1
Peach or nectarine, 140 g	1 (1-2)
Papaya, 140 g*	1
Mango, 140 g*	1
Pear, 140 g	2 (1-3)
Pineapple, canned, 140 g	2 (0-3)
Pineapple, 140 g	2 (1-4)
Melons, 150 g	2 (1-8)
Watermelon, 150 g*	2
Apricot, 140 g	3 (2-7)
Avocado, 140 g	5 (4-6)

**Vegetables - Root**

Radish, 85 g*	0
Carrot, 85 g	1 (0-1)
Parsnip, 85 g*	1 (0-1)
Onion, 85 g	1 (0-1)
Rutabaga, 85 g*	1
Beets, 85 g	1
Potato, instant, 17 g*	1
Potato, 110 g	1 (1-2)

**Vegetables - Leafy**

Head/iceberg lettuce, 85 g	1 (0-1)
Seaweed, 15 g	1 (0-1)
Cabbage, 85 g	1 (0-1)
Lettuces, 85 g	1 (0-6)
Chard, 85 g*	2
Spinach, 85 g*	2 (1-3)
Alfalfa sprouts, 65 g*	4
Leaf chicory (endive or radicchio), 85 g*	16

**Vegetables - Other**





Leek, 85 g*	0
Celery, 85 g	1 (0-1)

Corn, 85 g	1 (0-1)	Potato, cooked, 167 g	3 (1-10)	Pork, cooked, 100 g	1 (0-7)
Pickles, 30 g*	1	Potato, french fried, 70 g	3 (1-10)	Veal, cooked, 100 g	2 (1-3)
Cucumber, 85 g	1 (0-2)	Yam, cooked, 167 g*	3	Mutton, cooked, 100 g	6 (2-15)
Eggplant, 85 g*	1	Broccoli, cooked, 130 g	4 (2-7)	Ground beef and/or pork, cooked, 100 g	8 (1-51)
Mushrooms, 85 g	1 (0-3)	Taro, cooked, 167 g*	4 (3-6)	Organ meats, cooked, 100 g	10 (4-18)
Tomato, 85 g	1 (0-2)	Okra, cooked, 130 g*	4	<b>Fish and seafood</b>	
Rhubarb, 140 g*	1	Potato, cooked with skin, 167 g	4 (2-13)	Scallops, 125 g*	1
Cauliflower, 85 g	1 (1-2)	Sweet potato, cooked, 167 g*	5 (5-6)	Snails or whelks, 125 g	1
Olives, 15 g	1 (1-2)	Beets, canned, 130 g*	5	Fish, 125 g	2 (0-10)
Brussels sprouts, 85 g*	2	Potato, instant, prepared, 140 g*	11	Shrimp, 125 g*	3
Green beans, 85 g	2 (1-3)	Pumpkin, cooked, 130 g*	24 (4-44)	Eel, 125 g*	3 (2-5)
Peppers, 85 g*	3 (2-3)	<b>Meat, poultry, eggs and substitutes</b>		Oysters, 125 g*	4
Peas, dried, 35 g	3 (0-6)	Egg powder, 20 g*	0	Mussels, 125 g	39 (5-71)
Tomato, sun-dried, 30 g*	3	Ground beef and/or pork, 125 g	1	<b>Fish and seafood - Prepared</b>	
Pumpkin, 85 g*	3	Wild boar, 125 g	1	Fish, pickled, 55 g	1
Peas, 85 g	3 (1-11)	Lamb, 125 g	1 (0-1)	Eel, smoked, 55 g*	1
Broccoli, 85 g*	7 (2-12)	Beef, 125 g	1 (0-2)	Fish, salted or smoked, 55 g	1 (1-2)
<b>Vegetables - Prepared</b>		Chicken, turkey and other poultry, 125 g	1	Fish, cooked, 100 g	1 (0-4)
Mushroom, composite, 107.5 g	0 (0-1)	Venison, 125 g	1 (1-2)	Fish, canned, 55 g	1 (1-4)
Corn, canned, 130 g	1 (0-1)	Pork, 125 g	1 (0-3)	Shellfish, unspecified, cooked, 100 g	2 (1-6)
Seaweed, cooked, 15 g	1 (0-1)	Sausage, 75 g	1	Prawns, cooked, 100 g*	2
Corn, cooked, 130 g	1 (0-1)	Tempeh, 85 g*	1	Shrimp, canned, 55 g*	3
Carrot, composite, 107.5 g	1 (0-1)	Bacon, 54 g	1 (1-2)	Bivalves, canned, 55 g*	7
Tomato, composite, 107.5 g	1 (0-2)	Egg, 100 g	2 (1-5)	Mussels, cooked, 100 g*	12
Mushroom, canned, 130 g*	1	Soya sausage, 75 g*	2 (1-3)	<b>Beans and bean products</b>	
Carrot, cooked, 130 g	1	Veal, 125 g*	2	Beans, lentil, canned, 80 g*	1
Plantain, cooked, 167 g	1	Mutton, 125 g*	2	Beans, chickpea, canned, 80 g*	2
Onion, cooked, 130 g	1 (0-5)	Seitan, 100 g*	2	Beans, various, cooked, 80 g	3 (1-4)
Zucchini, cooked, 107.5 g*	1	Tofu, 85 g*	4	Beans, kidney, canned, 80 g*	3
Peas, canned, 130 g*	1	TVP (texturized vegetable protein), 100 g*	6	Beans, black, cooked, 80 g*	4
Cabbage, cooked, 130 g	1 (0-4)	Organ meats, 125 g	9 (1-31)	Beans, white, canned, 80 g*	4
Tomato, canned, 130 g*	2	<b>Meat, poultry and eggs - Prepared</b>		Beans, various, dried, 35 g	6 (2-24)
Cauliflower, composite, 107.5 g	2 (1-2)	Venison, cured, 30 g	1 (0-1)	<b>Nuts and seeds</b>	
Brussels sprouts, cooked, 130 g	2 (1-3)	Pork, cured, 30 g*	1 (0-1)	Pistachios, 30 g	1 (0-1)
Peas, cooked, 130 g	2 (1-3)	Lunch meat, 55 g	1 (0-1)	Peanut butter, 15 g	1 (1-4)
Mushroom, cooked, 130 g*	2	Bacon, cooked, 15 g	1 (0-1)	Tahini, 15 g*	1 (0-2)
Peppers, composite, 107.5 g	2 (0-4)	Egg, cooked, 100 g	1	Pine nuts, 30 g	2 (1-2)
Beets, cooked, 130 g	2 (1-3)	Venison, cooked, 100 g*	1	Walnuts, 30 g	2 (2-3)
Green beans, composite, 107.5 g	2 (1-4)	Beef, cooked, 100 g	1 (1-2)	Pumpkin seeds, 30 g	2 (2-3)
Spinach, composite, 107.5 g	2 (1-3)	Lamb, cooked, 100 g	1 (1-2)	Seeds, 30 g	2 (2-4)
Asparagus, cooked, 130 g	2 (1-4)	Pork, cured, cooked, 55 g	1 (1-2)	Nuts, mixed, 30 g	3 (2-8)
Broccoli, composite, 107.5 g	2 (1-4)	Sausage, cooked, 55 g	1 (0-4)	Almonds, 30 g	3 (2-6)
Cassava, cooked, 167 g*	2	Chicken, turkey and other poultry, cooked, 100 g	1 (1-4)	Peanuts, 30 g	3 (0-9)
Green beans, cooked, 130 g*	2 (2-3)	Pate, 55 g	1 (1-2)	Macadamia nuts, 30 g*	3
Rutabaga, cooked, 130 g	2 (1-21)	Lunch meat, canned, 55 g	1 (1-3)	Cashews, 30 g	3 (0-13)

Chestnuts, 30 g*	4 (3-4)	Coconut water, 375 g*	1	Palm oil, 10 g*	0
Sunflower seeds, 30 g	4 (2-8)	Carbonated drinks, 375 g	1 (0-2)	Rice oil, 10 g*	0
Sesame seeds, 30 g	5 (0-7)	Energy drink, 375 g*	1	Vegetable oils, unspecified, 10 g	0 (0-1)
Poppy seeds, 30 g	6 (1-12)	Strawberry milk, 250 g*	1	Sunflower oil, 10 g	0 (0-1)
Hemp seeds, 30 g*	8	Chocolate drink powder, 25 g*	3 (0-6)	Cottonseed oil, 10 g*	0
Hazelnuts, 30 g	13 (3-23)	Chocolate milk, 250 g	4 (2-17)	Almond oil, 10 g*	0
Pecans, 30 g	14 (7-20)	<b>Herbs and spices</b>		Pumpkin seed oil, 10 g	0 (0-1)
Chia seeds, 30 g*	16 (14-19)	Salt, 1 g	0	Margarine, 10 g	0 (0-1)
Flaxseed, 30 g*	21 (10-31)	Mustard seed, 0.5 g*	0	Butter, 10 g	0 (0-1)
Brazil nuts, 30 g	28 (21-38)	Garlic, 4 g*	0	Soybean oil, 10 g	0 (0-1)
Alfalfa seeds, 30 g*	33	Parsley, fresh, 1.5 g*	0	Grapeseed oil, 10 g*	1
<b>Beverages - Alcoholic</b>		Nigella seeds, 0.5 g	0	Coconut oil, 10 g	1
Liquor, 30 g	0 (0-1)	Cloves, 0.5 g*	0	Hazelnut oil, 10 g*	1 (0-2)
Beer, 333 g	1 (0-2)	Rosemary, dry, 0.5 g	0	Sesame oil, 10 g*	2
Wine, 188 g	1 (1-2)	Sumac, 0.5 g	0	<b>Snacks and desserts</b>	
Vermouth, 90 g*	2	Cinnamon, 0.5 g	0	Gelatin dessert, 130 g	0 (0-1)
<b>Beverages - Juices</b>		Paprika, 0.5 g*	0	Applesauce, 110 g	1 (0-1)
Fruit drink, 250 g	1 (0-1)	Allspice, 0.5 g	0 (0-1)	Cereal bar, with fruit, 35 g*	1
Citrus juice, canned, 250 g	1 (0-1)	Coriander seeds, 0.5 g*	0	Chewing gum, 3 g	1 (0-1)
Lemonade, 250 g*	1	Cardamom, 0.5 g*	0	Corn chips, 50 g	1 (0-1)
Citrus juice, from concentrate, 250 g	1 (1-2)	Ginger, fresh, 1.5 g*	0	Ice cream, non-dairy, 129 g*	1
Apple juice, canned or bottled, 250 g	1 (0-3)	Mint, dry, 0.5 g	0 (0-1)	Raisins, 40 g	1
Prune juice, 250 g*	1	Fennel, dry, 0.5 g*	0	Popcorn, 50 g	1 (1-2)
Grape juice, 250 g	1 (1-2)	Mahaleb cherry, 0.5 g	0 (0-1)	Prunes, 40 g*	1
Citrus juice, 250 g	1 (1-3)	Curry powder, 0.5 g*	0	Vanilla ice cream or frozen yogurt, 129 g	1
Tomato juice, canned, 250 g*	2	Pomegranate seed, 0.5 g*	0	Banana chips, 40 g*	1
Vegetable juice, canned, 250 g	2	Turmeric powder, 0.5 g*	0	Cookies, not chocolate, 30 g	1 (1-2)
Mango juice, 250 g*	3	Cumin, 0.5 g	1 (0-1)	Cereal bar, multigrain, 35 g	1 (1-3)
<b>Beverages - Hot</b>		Fenugreek, 0.5 g*	1	Dried apricots, 40 g*	2
Tea, herbal, dry, 3 g	0	Pepper, black, 0.5 g	1 (0-1)	Cookies with chocolate, 30 g	3 (2-4)
Tea, brewed, loose, 250 g	1 (0-2)	Chilli powder, 0.5 g*	1	Cereal bar, rice, 35 g*	3
Green tea, brewed, loose, 250 g	1 (0-1)	Ginger, dry, 0.5 g	1 (0-1)	Savoury crisps, 50 g	3 (3-5)
Tea, brewed, bag, 250 g	1 (0-1)	Bishop's weed, 0.5 g*	1	Ice cream desserts, 129 g	3 (0-15)
Coffee, espresso, 30 g*	1	Basil, dry, 0.5 g	1 (0-1)	Cereal bar, with chocolate, 35 g*	4 (3-4)
Tea, brewed, 250 g	1 (0-1)	Curry leaves, dry, 0.5 g	1 (0-1)	Potato chips, 50 g	4 (1-10)
Green tea, brewed, 250 g*	1	Mango powder, 0.5 g*	1	Raisins, yogurt candy coated, 40 g*	4
Green tea, brewed, bag, 250 g	1	Thyme, dry, 0.5 g	1	Cookies, oat and fruit, 30 g*	7
Green tea, leaves, 3 g	1 (0-2)	Peppermint, dry, 0.5 g	1	Snacks, bean-based, 50 g*	7
Tea, leaves, 3 g	1 (0-3)	Gourmet salt, 1 g	1	<b>Sugars and sweets</b>	
Coffee, brewed, 250 g	2 (1-4)	Hot peppers, dried, 0.5 g	1	Sugar, white, 4 g	0
Instant coffee powder, 3 g*	2 (0-4)	Cayenne pepper, 0.5 g	1	Fructose, 4 g*	0
<b>Beverages - Other</b>		Hot peppers, 40 g*	1	Honey, 20 g	0 (0-1)
Water, bottled, 375 g	1 (0-1)	<b>Fats and oils</b>		Syrup, not chocolate, 60 g	1 (0-2)
Carbonated drinks, canned, 375 g	1 (0-1)	Corn oil, 10 g	0	Candy, 40 g	1 (0-2)
Water, tap, 375 g	1 (0-2)	Olive oil, 10 g	0	Sweetened evaporated milk, 30 g*	1

White chocolate, 15 g*	2
Maple syrup, 60 g	3 (1-6)
Chocolate confections, 40 g	4 (2-7)
Chocolate confections with nuts, 40 g*	4
Chocolate, 40 g	10 (3-20)
<b>Sauces, dips, condiments and spreads</b>	
Horseradish, 5 g*	0
Mayonnaise, 15 g	0
Dips, dairy-based, 30 g*	0
Mustard, 5 g*	1
Teriyaki sauce, 15 g*	1
Dressings, 30 g	1 (0-1)
Fruit jams, 15 g	1 (0-1)
Soy sauce, 15 g	1 (0-1)
Ketchup, 15 g*	1
Sweet and sour sauce, 30 g*	1
Guacamole, 30 g*	1
Salsa, 60 g*	2
Marmite, 5 g*	2
Hummus / pulse dips, 30 g	2
Pesto, 60 g*	2
Chocolate hazelnut spread, 15 g*	4
Sweet soy sauce, 15 g*	4
Vegemite, 5 g*	8
<b>Miscellaneous</b>	
Vanilla extract, 1 g	0
Baking powder, 0.6 g	0 (0-1)
Vinegar, 15 g	1
Thickeners and gums, 0.5 g	1 (0-2)
Broth, 250 g	1
Coconut, dried, 15 g	1
Tomato sauce, 60 g	1 (1-4)
Yeast, 0.6 g	1 (1-2)
Nutritional yeast, 5 g*	2
Protein powder, 30 g*	2 (1-4)
Cocoa powder, 5 g*	5

**Legend**

Less than 100 ng cobalt per serving	
Less than 800 ng cobalt per serving	
Less than 1.6 µg cobalt per serving	
More than 1.6 µg cobalt per serving	

- For adults, a reasonable target is 15 points per day.
- Foods are ordered from lowest to highest average cobalt content.
- A \* means there are very few measurements, so it's unreliable.
- Minimum and maximum scores are shown in brackets beside the average score. If the range is large, be suspicious.
- Pay attention to serving sizes! We recommend using a kitchen scale until you get used to serving sizes. For reference, 1 gram is approximately 1 mL of a liquid, so for liquids:
  - 5 g ~ 5 mL ~ 1 tsp
  - 15 g ~ 15 mL ~ 1 tbsp
  - 30 g ~ 30 mL ~ 1 fl oz
  - 60 g ~ 60 mL ~ 1/4 cup
  - 125 g ~ 125 mL ~ 1/2 cup
- "Prepared" meats, fish and vegetables are separated from raw because cookware can affect cobalt content. If someone else is doing the cooking, use the "prepared" score. If you are making the food with low cobalt cookware, use the regular score.
- Follow all appropriate hygiene and food preparation standards.

To explore the data, change serving sizes and log your cobalt intake, try the Cobalt Companion app, available for iOS and Android.

NOTE: This diet is intended for individuals with a diagnosed cobalt allergy. If you have not been tested, please do so before starting this diet. Consult a medical professional or nutritional advisor to ensure that your long-term dietary needs are being met.